

## Abstract

The invention relates to a method of food and insulin dose management for a diabetic subject, comprising:

- 5        providing an intended insulin unit value or an intended carbohydrate unit value representing the amount of insulin or carbohydrate intended for intake by the subject;  
      and
- determining the balance value of either insulin units or carbohydrate units needed to  
10       balance with the provided unit value and maintain blood sugar in the subject in a target blood sugar range.